

Young Adult IOP

About the Program:

Young Adult IOP is designed for ages 18-28. This program offers structured therapeutic support for young adults who need more intensive care than traditional outpatient therapy while utilizing a trauma-informed and harm reduction lens. Participants are able to maintain daily responsibilities like school, work, and family.

Topics Include:

- Emotional Awareness
- Mindfulness Skills
- Exploring Identity
- Healthy Coping Skills
- Building Healthy Relationships
- Understanding Mental Health
- Substance Misuse
- Impulsive Behaviors

IOP Details

Meets: Tuesday,
Wednesday & Thursday

Time:
2:30 PM - 5:30 PM

Location:
28 Branford Rd.
North Branford, CT 06471

Call **(203) 800-7177** or visit **BHcare.org** to learn more.



Scan to learn more about our IOP Programs
28 Branford Rd. North Branford, CT 06471